

A DELICIOUS ALTERNATIVE TO GRAIN FLOUR

GLUTEN FREE

USDA ORGANIC

LET'S DO... ORGANIC®

ORGANIC GREEN BANANA FLOUR

CONTAINS ABOUT 2 CUPS BY VOLUME

NET WT 14 oz 396g



FIND RECIPES AT BANANAFLOURRECIPES.COM

LET'S DO... ORGANIC®



0 43182 00540 1  
 PRODUCT OF INDIA  
 Questions? Email [custserv@edwardandsons.com](mailto:custserv@edwardandsons.com)  
 Certified kosher by Kehilla Kosher  
 Certified organic by QAI  
 www.edwardandsons.com  
 93014 USA  
 Ed & Sons Carpinteria, CA  
 Edward PO Box 1326  
 Edward & Sons Trading Co., Inc.  
 Organic Green Banana Flour is a gluten free food.

**Ingredients:**

|                            |    |
|----------------------------|----|
| Total Fat 0g               | 0% |
| Saturated Fat 0g           | 0% |
| Trans Fat 0g               | 0% |
| Cholesterol 0mg            | 0% |
| Sodium 10mg                | 0% |
| Potassium 90mg             | 3% |
| Total Carbohydrate 13g     | 4% |
| Dietary Fiber less than 1g | 0% |
| Sugars 0g                  |    |
| Protein less than 1g       |    |
| Vitamin A 0%               |    |
| Vitamin C 0%               |    |
| Calcium 8%                 |    |

Amount Per Serving  
 Calories 60  
 Servings Per Container about 26  
 Serving Size 2 Tbsp (15g)

**Nutrition Facts**  
 ORGANIC GREEN BANANA FLOUR

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USDA ORGANIC  
 Organic certification assures you of sustainable farming practices, which nourish soil, protect biodiversity and provide a premium to farmers. Consistent with our company policy, organic certification also prohibits the use of GMOs, artificial colors, preservatives and other unwelcome ingredients.

See more recipes at [bananafLOURRECIPES.COM](http://bananafLOURRECIPES.COM)

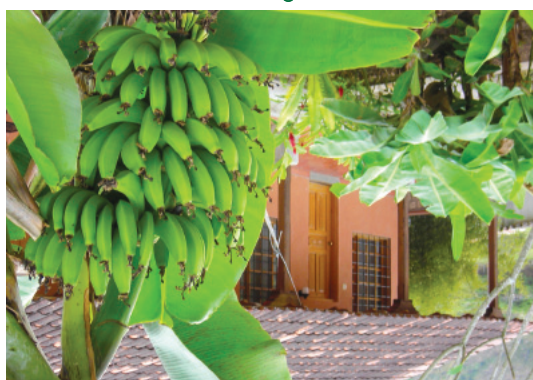
Ingredients:  
 3 Tbsp Let's Do...Organic® Banana Flour  
 3 Tbsp Native Forest® Organic Coconut Oil  
 1 1/2 Tbsp cocoa powder  
 3 Tbsp nut butter (we like cashew)  
 3 Tbsp agave syrup  
 Let's Do...Organic® Shredded Coconut for rolling balls in  
 Optional: Chopped almonds, walnuts, pecans, raisins, dried cranberries...

**Alison's No Bake Banana Bites Recipe**

In a bowl, combine all ingredients (minus the shredded coconut) and mix well. Refrigerate for 10-15 min. If a little too thin to roll into balls, sprinkle shredded coconut onto a plate. With a tablespoon, take batter and roll into balls. Then roll the balls in the shredded coconut until well coated. Refrigerate and enjoy! Yield: 4-8 tasty bites (depending on size).

Alison's No Bake Banana Bites Recipe and experimentation with your own. Enjoy!

To create Let's Do...Organic® Green Banana Flour, we pick and peel young, organic green bananas before most of their starch has a chance to ripen into sugar. We dry them carefully to protect their mild flavor and to maximize their resistant starch, while praised by nutritionists for promoting a feeling of fullness, while supporting friendly digestive bacteria. Finally, we mill them into a fine, gluten-free flour, well-suited to many special diets.



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